

## Full Report (All Nutrients) 20048, Rice, white, long-grain, precooked or instant, enriched, dry

Report Date: June 27, 2017 04:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 95g
<b>Proximates</b>					
Water <a href="#">1</a> <a href="#">2</a>	g	8.38	2	--	7.96
Energy	kcal	380	--	--	361
Energy	kJ	1591	--	--	1511
Protein <a href="#">1</a>	g	7.82	1	--	7.43
Total lipid (fat) <a href="#">1</a>	g	0.94	1	--	0.89
Ash <a href="#">1</a>	g	0.53	1	--	0.50
Carbohydrate, by difference	g	82.32	--	--	78.20
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	1.9	3	0.645	1.8
Sugars, total	g	0.05	--	--	0.05
Sucrose <a href="#">1</a>	g	0.02	1	--	0.02
Glucose (dextrose) <a href="#">1</a>	g	0.02	1	--	0.02
Fructose <a href="#">1</a>	g	0.02	1	--	0.02
Lactose <a href="#">1</a>	g	0.00	1	--	0.00
Maltose <a href="#">1</a>	g	0.00	1	--	0.00
Galactose	g	0.00	--	--	0.00
Starch <a href="#">1</a>	g	73.77	1	--	70.08
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	22	1	--	21
Iron, Fe <a href="#">1</a>	mg	6.30	1	--	5.99
Magnesium, Mg <a href="#">1</a>	mg	14	1	--	13
Phosphorus, P <a href="#">1</a>	mg	118	1	--	112
Potassium, K <a href="#">1</a>	mg	27	1	--	26

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 95g
Sodium, Na <a href="#">1</a>	mg	10	1	--	10
Zinc, Zn <a href="#">1</a>	mg	1.43	1	--	1.36
Copper, Cu <a href="#">1</a>	mg	0.177	1	--	0.168
Manganese, Mn <a href="#">1</a>	mg	0.985	1	--	0.936
Selenium, Se <a href="#">1</a>	µg	37.2	1	--	35.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin <a href="#">1</a>	mg	0.926	1	--	0.880
Riboflavin <a href="#">1</a>	mg	0.028	1	--	0.027
Niacin <a href="#">1</a>	mg	7.005	1	--	6.655
Pantothenic acid	mg	0.432	6	0.074	0.410
Vitamin B-6 <a href="#">1</a>	mg	0.122	1	--	0.116
Folate, total <a href="#">1</a>	µg	275	1	--	261
Folic acid <a href="#">1</a>	µg	273	1	--	259
Folate, food <a href="#">1</a>	µg	2	--	--	2
Folate, DFE	µg	466	--	--	443
Choline, total	mg	6.1	--	--	5.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.04	1	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.01	1	--	0.01
Tocopherol, gamma <a href="#">1</a>	mg	0.19	1	--	0.18
Tocopherol, delta <a href="#">1</a>	mg	0.04	1	--	0.04
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 95g
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.152	--	--	0.144
4:0 <a href="#">1</a>	g	0.000	1	--	0.000
6:0 <a href="#">1</a>	g	0.000	1	--	0.000
8:0 <a href="#">1</a>	g	0.000	1	--	0.000
10:0 <a href="#">1</a>	g	0.000	1	--	0.000
12:0 <a href="#">1</a>	g	0.000	1	--	0.000
14:0 <a href="#">1</a>	g	0.000	1	--	0.000
15:0 <a href="#">1</a>	g	0.000	1	--	0.000
16:0 <a href="#">1</a>	g	0.152	1	--	0.144
17:0 <a href="#">1</a>	g	0.000	1	--	0.000
18:0 <a href="#">1</a>	g	0.000	1	--	0.000
20:0 <a href="#">1</a>	g	0.000	1	--	0.000
22:0 <a href="#">1</a>	g	0.000	1	--	0.000
24:0 <a href="#">1</a>	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.144	--	--	0.137
14:1 <a href="#">1</a>	g	0.000	1	--	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.000	1	--	0.000
18:1 undifferentiated <a href="#">1</a>	g	0.144	1	--	0.137
20:1 <a href="#">1</a>	g	0.000	1	--	0.000
22:1 undifferentiated <a href="#">1</a>	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.219	--	--	0.208
18:2 undifferentiated <a href="#">1</a>	g	0.202	1	--	0.192
18:3 undifferentiated <a href="#">1</a>	g	0.017	1	--	0.016
18:4 <a href="#">1</a>	g	0.000	1	--	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	1	--	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	1	--	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	1	--	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	1	--	0.000
Cholesterol	mg	0	--	--	0

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<b>Amino Acids</b>					
Tryptophan <a href="#">1 3 4</a>	g	0.106	--	--	0.101
Threonine <a href="#">1 3 4</a>	g	0.289	--	--	0.275
Isoleucine <a href="#">1 3 4</a>	g	0.359	--	--	0.341
Leucine <a href="#">1 3 4</a>	g	0.691	--	--	0.656
Lysine <a href="#">1 3 4</a>	g	0.221	--	--	0.210
Methionine <a href="#">1 3 4</a>	g	0.188	--	--	0.179
Cystine <a href="#">1 3 4</a>	g	0.162	--	--	0.154
Phenylalanine <a href="#">1 3 4</a>	g	0.413	--	--	0.392
Tyrosine <a href="#">1 3 4</a>	g	0.232	--	--	0.220
Valine <a href="#">1 3 4</a>	g	0.497	--	--	0.472
Arginine <a href="#">1 3 4</a>	g	0.688	--	--	0.654
Histidine <a href="#">1 3 4</a>	g	0.189	--	--	0.180
Alanine <a href="#">1 3 4</a>	g	0.456	--	--	0.433
Aspartic acid <a href="#">1 3 4</a>	g	0.841	--	--	0.799
Glutamic acid <a href="#">1 3 4</a>	g	1.466	--	--	1.393
Glycine <a href="#">1 3 4</a>	g	0.376	--	--	0.357
Proline <a href="#">1 3 4</a>	g	0.503	--	--	0.478
Serine <a href="#">1 3 4</a>	g	0.380	--	--	0.361
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

- <sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD
- <sup>2</sup>Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD
- <sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD
- <sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD